

Stepping it up a notch on local stadium fare

TD Place creates gourmet menu, offering anything from lobster mac'n' cheese to grilled shrimp

PAGE 6

Winner of \$48M lotto ticket: 'It's very surreal'

First order of business for the mother of three is to throw a "big party"

PAGE 3

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PAGES 14-15



Girl with epilepsy needs marijuana extract, mom says

'Charlotte's Web'
Non-THC strain of marijuana only available in the U.S.

Kim Martelle just wants her daughter to grow up like other kids: playing, swimming and getting into a little bit of trouble.

But for eight-year-old Cadence Hope, many of her days have been spent in a wheelchair with a hockey helmet strapped to her head to prevent brain damage from the multiple "aggressive seizures" she has daily.

"While parents are busy buying hockey helmets for their kids to play hockey, we were busy buying a hockey helmet so that our daughter could go out in the 40 C heat of summer to play with her brother," said Martelle, beginning to cry.

The little girl has intractable epilepsy and Martelle has



Eight-year-old Cadence Hope Martelle poses with her family during a medical marijuana rally on Parliament Hill Tuesday. TREVOR GREENWAY/METRO

been reading miracle stories from the U.S. about a strain of marijuana called Charlotte's Web that has been helping kids with epilepsy and other genetic

disorders lead normal lives in Colorado.

Charlotte's Web reportedly has no psychoactive properties and won't get a user high, but

for kids like Cadence, it could make all the difference.

"We are watching kids basically go from catatonic in wheelchairs to riding bicycles,

swimming in swimming pools, saying 'mama and 'dada' for maybe the first time in their lives," said Martelle, during a medical marijuana rally on Par-

liament Hill Tuesday.

Martelle and others are fighting to have the drug legalized in the country — or at least studied extensively.

But Martelle says she can't get legal access to the drug to extract the cannabidiol (CBD) and mix it into her daughter's diet. Cadence has tried the mainstream medical route, taking all sorts of "toxic" pills that nearly paralyzed her from the neck down.

A ketogenic, high-fat, low-carb diet has helped Cadence regain her mobility, Martelle says. Cadence can move around and play, but still has nightly seizures. Moving to Colorado is not an option for the family, so Martelle hopes pot will become a "front line treatment" for epilepsy, MS and other diseases.

"We need to reclassify cannabis as a medicinal herb, not a drug," she said.

TREVOR GREENWAY/METRO

FOR MORE ON THE MEDICAL MARIJUANA RALLY, GO TO PAGE 4.



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Kanata family wins \$48M

Lotto Max prize. Family contemplating extended vacation, big party



TREVOR GREENWAY
trevor.greenway@metronews.ca

Tina Ferrone had to check her Lotto Max ticket four times to be sure that she had won \$48 million.

After the words "big winner" flashed over and over at a self-serve kiosk, the Kanata resident took the winning ticket to the cashier, thinking something must have been wrong.

"First I asked for a pen to sign it because I hadn't signed it yet," Ferrone laughed.

"It's very much a blur. You don't understand what is about to happen. It's very surreal."

She then asked the cashier to be discrete, because she thought she had won a pile of money. The machine didn't listen.

"The machine went crazy," she said. "It was ringing and ringing and ringing."

By this point, Ferrone's husband Liam McGee was en route, but had no idea how much money would soon be streaming into the family's bank account.

When he walked into the store and saw his wife crying tears of joy, he knew they'd won the jackpot.

"A bunch of money can be taken a lot of ways," he said. "She told me that she had bought a Lotto Max ticket and I didn't think there was any small prizes in the Lotto Max."

McGee told Metro that he will "probably" quit his flooring job and Tina's event planning business may be put on hold for a while. When asked what they were going to do with the money, the couple couldn't even imagine the possibilities.

"Well, we are on vacation right now," said the mother of three, adding that the first order of business is to throw a "big party."



OLG's senior vice-president of lottery Greg McKenzie smiles as lottery winner Tina Ferrone and husband Liam McGee of Kanata celebrate with a kiss after Tina collected her cheque for \$48,000,020 at the OLG Prize Centre Tuesday. Tina won the March 28 Lotto Max jackpot. COURTESY OF SHAN QIAO/OLG

Mayor 'frustrated' with malfunctioning railway lights



An OC Transpo bus sits where it collided with a VIA Rail train during the morning commute Sept. 18, 2013, in Ottawa. THE CANADIAN PRESS FILE

Ottawa Mayor Jim Watson says he's "frustrated" with the malfunctioning signal lights at the railway crossing near the Fallowfield station — the site of the tragic OC Transpo bus crash.

Watson said Tuesday he would be phoning VIA Rail interim president Steve Del Bosco to discuss fixing the lights, which he said have malfunctioned eight times in the past three months.

"This is an issue that has caused a lot of angst in the community, as a result of the

failed crossings at Fallowfield," he told reporters, adding the malfunctions are eroding public confidence in the safety of the area.

VIA Rail was called to the Fallowfield station on March 11 after the warning signal lights malfunctioned and caused traffic delays. The city sent out a memo the next day to say that the railway crossing would also be closed overnight for "routine maintenance."

There have been other reports that one or both barriers have come down when there's

no train passing.

Watson said that if he's not "satisfied" with his Via Rail meeting, he will ask the federal Ministry of Transportation to intervene. "It shouldn't be a cost absorbed by us," he said. "This is a problem that Via has and they've got to fix their problem."

An OC Transpo bus collided with a VIA Rail train on Sept. 18, 2013. The accident killed six people and injured dozens.

The cause of the collision is still under investigation.

LUCY SCHOLEY/METRO

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1 NEWS



Medical marijuana user and multiple sclerosis sufferer Alison Myrden speaks on Parliament Hill at a demonstration against new medical pot access rules being brought in by Health Canada. TREVOR GREENWAY/METRO

Medical pot users protest Health Canada's new rules

'Unconscionable'

Ottawa trying to take away 'God-given right' of people to grow their own marijuana, one user says after regulations take effect

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms under the Charter of Rights, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users to continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value

of cannabis products are speaking out against the regulations.

"What Health Canada (has) done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with chronic progressive multiple sclerosis. "It's unconscionable."

Alison Myrden, who also lives with the debilitating effects of multiple sclerosis, said she relies on medical pot every single day. The new regulations would mean a substantial increase in the cost of the drug, and potentially create supply problems as well, she said.

It is unclear when the federal appeal of the injunction will be heard.

If the government ultimately fails to overturn the Federal Court decision, it will leave the path clear for the constitutional challenge. **THE CANADIAN PRESS**



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CHEO study. Kids with larger necks more prone to obstructive sleep apnea

Children who have larger neck and chest sizes are more prone to obstructive sleep apnea, according to a new study by researchers at the Children's Hospital of Eastern Ontario (CHEO).

It's a theory already tested in adults. Those with a larger neck circumference, especially males, are more prone to the sleep disorder that can cause snoring and even leave patients gasping for air under their bed sheets.

But CHEO principal investigator Dr. Sherri Katz, an assistant professor in the Faculty of Medicine at the University of Ottawa, said there have been no studies on children with obstructive sleep apnea until now.

Given that it takes two years to land a child in a sleep study at CHEO, Dr. Katz said they need a tool to determine which children are top priority and then bump them up on that waiting list.

They studied 245 children from May 2008 to May 2011.

"What we found is that children who have a neck size above the 95th percentile — so the children with



Dr. Sherri Katz CONTRIBUTED

the largest necks for age and sex — have an increased risk of obstructive sleep apnea compared to those with a smaller neck size," she said. "This was particularly true in males who are at least 12 years of age."

Researchers developed a "growth curve" to determine the average neck sizes of boys and girls between the ages of six and 17.

Obesity alone is not a factor.

Rather, it's where a person carries his or her weight.

Those who tend to fatten up around the neck and chest are more prone to obstructive sleep apnea.

LUCY SCHOLEY/METRO

How it works

"When you fall asleep, everything in your upper airway relaxes, and if you have more mass or more tissue around your neck, then it requires a greater degree of effort in order to maintain your airway open," said Dr. Katz.

- Obstructive sleep apnea

can cause headaches, fatigue and blood sugar problems. In children, it can also cause hyperactivity and inattentiveness.

- Dr. Katz said she's going to survey a larger swath of the population to solidify the findings.

Leighton's parents wait for apology from teacher

Inquest. Grieving father of Eric Leighton, 18, wants teacher to 'take a little bit of responsibility'

Patrick Leighton said he agrees with a list of 23 safety recommendations introduced Tuesday at a coroner's inquest into the death of his son because it will make schools safer for students, but still, he is looking for an apology from the teacher.

Eric Leighton, 18, was struck in the head when the barrel he was grinding at Mother Teresa Catholic High School exploded. The barrel had contained a cleaning agent and a spark ignited fumes trapped inside the closed container when he cut into it.

He was pronounced dead later that day in hospital.

"I would have liked to see Mr. Day take a little bit of responsibility. Not to just say I'm sorry it happened," Leighton told reporters.

Robert Wadden, counsel for the coroner, gave the inquest's five-person jury a list of 23 recommendations to consider. Deliberations started Tuesday afternoon.

Jurors are tasked with not only developing their own recommendations designed to ensure a tragedy like this one never happens again, but they must also categorize Eric's death as either an accident, a homicide, a suicide, natural causes, or undetermined.

Wadden and the coroner both opined the Grade 12 student's death was accidental.

The student's father was upset at the suggestion from a lawyer representing the On-



Patrick and Sheri Leighton react to closing arguments Tuesday at a coroner's inquest into the death of their 18-year-old son, Eric, who died from an explosion at Mother Teresa Catholic High School in Ottawa in 2011. METRO

tario English Catholic Teachers Association that safety is a shared responsibility, right down to the parents and students.

"I know he was a safe student," said Patrick Leighton. "To say that the parents need to be safe, I think it starts with the school and the teachers and there should have been guidelines (for) projects set in place."

One of the suggested recommendations in Wadden's seven-page report is for school boards across Ontario to consider stopping all hot work on closed containers in high school technological shop classes.

Wadden also proposed that each school board in Ontario maintain a list of approved student projects for high school tech shop classes.

"Each project, as any new proposed project, must be assigned, using a formalized method to ensure it meets curriculum and safety requirements," the document read.

Inquest jury

Some of the recommendations to be considered:

- School boards establish safety guidelines for high school tech classes and consider using the Ottawa Catholic School Board's (OCSB) "Technological Education Safety Guidelines" as a template.
- Implement a permit system, for any project involving "hot work," such as welding or grinding.
- Annual inspection of high school tech facilities by an independent occupational health and safety expert in the presence of the teacher

responsible for the class.

- Have school boards post online results of annual inspections and Ministry of Labour orders.
- Require technological education teachers to be trained in the technological safety guidelines for each school board.
- The Ministry of Labour should, with the help of other ministries such as the Ministry of Education, enforce training criteria — including inspection training — for all supervisory officers and school administrators.

Wadden noted in his report that the Ottawa Catholic School Board is already following some of the suggested rec-

ommendations.

Deliberations are expected to continue Wednesday.

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OSEG President Jeff Hunt shows off the new Redblacks Dog, topped with 14-hour-smoked brisket. TREVOR GREENWAY/METRO

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Old ball game meets new cuisine. OSEG partners with U.S.'s Levy Restaurants



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Sports fans won't just be wolfing down poutine and hot dogs at football, soccer and hockey games this spring. Instead think pulled pork sliders, lobster mac n' cheese, grilled shrimp and fried avocado skewers.

Ottawa Sports and Entertainment Group (OSEG) announced Tuesday that it has partnered with Chicago's Levy Restaurants to provide

refreshments at Ottawa Redblacks, Ottawa Fury FC and Ottawa 67s games starting this spring.

The menu will help drive the fan experience at TD Place at Lansdowne Park.

"It's going to be something else to talk about the day after the game," said OSEG President Jeff Hunt. "Hopefully a great game on the field and all of the entertainment and how great the food was."

Hunt was quick to clarify that fans will still be able to get good ol' stadium fare like French fries and hot dogs. And not just any old hot

dogs, these will be "Forum dogs," the classic hot dogs from Habs games in Montreal, which Hunt says are the gold standard these days.

The new "Redblacks Dog" is topped with 14-hour smoked brisket.

Not all menu items will be available to all seating levels, as the more gourmet meals like the grilled bone-in rib eye steak will only be available in club seats and suites.

And if you're worried that an American company will be making you a poutine, Levy CEO Andy Lansing said he's up on the poutine craze and all of Chicago will be soon.

"In Chicago, where I live, who knew within three blocks of where I live, three poutine places are opening in the next three months. You have taken the United States by storm, so we are going to do that really well."

Enhancing the experience

"It's going to be something else to talk about the day after the game."

OSEG President Jeff Hunt

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NAC to invade U.K. for war commemoration

Canadian and British musicians will come together this fall to commemorate the centennial of the First World War.

The National Arts Centre (NAC) Orchestra is set to go on tour in the United Kingdom from October 22-30.

"I call London my second home," said NAC Music Director Pinchas Zukerman, who is also Principal Guest Conductor at the Royal Philharmonic Orchestra in London, at a launch event at the NAC Tuesday. This will be Zukerman's last NAC tour and he is bringing together his two orchestras to highlight the strong historic ties between Canada and the U.K.

"Canada's NAC Orchestra will tour the U.K. exactly 100 years following the arrival of Canadian troops on English shores to muster on Salis-



Music director Pinchas Zukerman
TANYA KIRNISHNI/FOR METRO

bury Plain," said Christopher Deacon, Managing Director of the NAC. In honour of this historic moment, the NAC Orchestra will perform at the world-renowned Salisbury Cathedral on October 29.

"There is lots of symbolism

and symmetry to these programs — great classics alongside new creations, works by Canadian composers alongside British composers, vocal music alongside instrumental," said Deacon. Malcolm Forsyth's work A Ballad of Canada, based around the poem In Flanders Fields, will be one of the pieces featured at the London performance.

"My country is in for a real treat," said Howard Drake, U.K. High Commissioner to Canada. The NAC Orchestra will not only put on performances in cities such as Edinburgh, Nottingham and Bristol, but they will also bring with them educational programs for local schools.

"Bringing music is very symbolic of bringing good for the human soul," said Zukerman.

TANYA KIRNISHNI/FOR METRO

Remembering through music

"There is lots of symbolism and symmetry to these programs — great classics alongside new creations, works by Canadian composers alongside British composers, vocal music alongside instrumental." Christopher Deacon

More info online

You can follow the National Arts Centre's U.K. tour online at **www.nacotour.ca**.

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NATO to reinforce eastern defences, cut Russia links

Foreign ministers meeting. Unanimous agreement to end all practical civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Vladimir Putin's Russia, though they made sure a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S.

and European security since the end of the Second World War, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula, which the Obama administration and its allies condemn as a brazen, illegal land grab.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, an official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

"And more U.S. support is on the way," Kerry said.

THE ASSOCIATED PRESS



Ukraine's Foreign Minister Andrii Deshchychia speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLEY/THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

"This is exactly what Canada did weeks ago. It's not going to be business as usual so we're suspending all civilian and military co-operation with the Russian Federation," Baird told The Canadian Press from Brussels.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's unilateral annexation of Ukraine's Crimean Peninsula. The minister said capacity building, tactical support and beefing up assets are among them.

"We think a strong response is necessary," he said. THE CANADIAN PRESS



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Afghans queue up for voting cards

High-stakes election.
Amid Taliban threats and attacks, voters turn out to register

Afghans lined up by the hundreds Tuesday in a last-minute rush to register for voting cards, a sign that interest in national elections is

high despite fears of violence.

The Taliban have vowed to "use all force" to disrupt the balloting and the militants already have staged several high-profile attacks in the Afghan capital of Kabul in recent weeks. But men and women queuing on the last day of registration said they won't let the threats keep them away from the polls on Saturday as Afghanistan ex-

Quoted

"I hope the corruption is ended and security is improved."

Ghulam Abbas, shopkeeper, who was in line for a voter card in Kabul on Tuesday.

periences its first democratic transfer of power.

President Hamid Karzai,

who has ruled the country since the Taliban were ousted by a U.S.-led invasion in 2001, is constitutionally barred.

Karzai has refused to sign a security pact that would allow thousands of international forces to stay beyond that deadline to train and advise Afghan forces. All three front-runners have said they would sign the deal.

THE ASSOCIATED PRESS



Afghan girls hold flags at a rally for presidential candidate Abdullah Abdullah in Herat, Afghanistan, on Tuesday. HOSHANG HASHIMI/THE ASSOCIATED PRESS

Marathon bomb victim

Saudi Arabian sues Glenn Beck for defamation

A Saudi Arabian man injured in the Boston Marathon bombings has filed a defamation lawsuit against Glenn Beck, accusing the conservative commentator of calling him "the money man" behind the attack.

Alharbi has been called a "murderer, child killer and terrorist" based on Beck's statements, the suit says. THE ASSOCIATED PRESS

Identifying victims

Washington mudslides' death toll grows to 27

The official death toll from Washington's mudslide has increased to 27, with the Snohomish County medical examiner's office saying 19 victims have been positively identified. That's up from 24 dead with 18 identified on Monday.

The latest name to the list is 58-year-old Brandy L. Ward of Arlington.

THE ASSOCIATED PRESS



Turkish election contested

Police use water cannons to break up a protest by hundreds outside Turkey's Supreme Election Council building in Ankara, Tuesday, in support of the country's main opposition party which is challenging local election results in the capital. BURHAN OZBILICI /THE ASSOCIATED PRESS

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Marois: Fundraising controversy due to accuser's fear of a PQ government

Quebec election. Party leader's husband alleged to have solicited \$25K to fund leadership bid

Pauline Marois says allegations her husband solicited \$25,000 to fund her Parti Quebecois leadership bid smack of revenge and fear.

Marois was reacting again Tuesday to a Radio-Canada report that Claude Blanchet asked an engineering executive for the money in 2007.

"Why did he (the man) do this now if he knew this situation in the past?" Marois said in Drummondville.

"Why did he decide to denounce this situation now? Because we are in an election and he doesn't want the return of a Parti Quebecois government."

Marois said some people are afraid of having the PQ re-elected next Monday because



Parti Quebecois Leader Pauline Marois makes a point during a news conference on Monday in Trois-Rivieres, Que.
PAUL CHIASSON/THE CANADIAN PRESS

"we are the best way to fight against collusion and corruption."

The engineering execu-

tive made the allegations in a sworn affidavit but, at his request, Radio-Canada did not release his name.

Liberal Leader Philippe Couillard said the allegations raise questions about the PQ's integrity.

Political engineering

Testimony at the Charbonneau Commission looking into corruption has indicated that engineering firms have been generous contributors to political parties.

- For example, it was revealed that the Dessau firm gave \$1 million to the two major parties between 1996 and 2011 — \$600,000 to the Liberals and \$400,000 to the PQ.

"I just underline each time I'm asked the question the fact that for the last two or three years apparently the PQ was without any stain," Couillard said.

"It's obviously not the case."

In the affidavit, the man says he gave Blanchet \$25,000 in the form of various cheques

up to \$3,000, which at the time was the maximum individual contribution in the PQ leadership race.

The affidavit states the man's company gave him the cheques and that he in turn handed them over in an envelope to Blanchet because he "wanted to have special access to Madame Marois."

Marois insisted she, her husband and the PQ have always respected the law on the party financing.

Blanchet also denied in the Radio-Canada report that he solicited the \$25,000.

Radio-Canada said the man told the French-language network of the CBC he has known Blanchet for 15 years. It also said another engineering executive was asked for money by Blanchet ahead of the 2008 provincial election.

The man said he gave Blanchet cheques totalling \$5,000 from employees of his firm.

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'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS



Chile. Huge earthquake hits off coast

A powerful magnitude-8.2 earthquake struck off Chile's northern coast Tuesday night, and authorities ordered an evacuation of coastal areas in case of a tsunami. There were no immediate reports of injuries or damage.

The U.S. Geological Survey said the quake struck 99 kilometres northwest of the city of Iquique, shaking a region that has been rocked by numerous quakes over the past two weeks.

The latest tremor also shook buildings in parts of Bolivia and Peru. Waves measuring almost two metres struck cities on the northern coast.

Local TV images showed residents evacuating calmly, despite a tsunami being expected to reach nearby cities.

The Pacific Tsunami Warning Center issued an alert for all of Latin America's Pacific coast.

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Your cellphone is not killing you, panel says

Inconsistent studies.

But panel recommends more research to see if there's a link between radiofrequency waves and cases of cancer

Federal guidelines that spell out safe exposure levels of radiofrequency waves emitted by cellphones and other wireless devices appear to be mostly adequate, but research to clarify the potential risk of cancer should be aggressively pursued, an expert panel recommends.

The Royal Society of Canada panel issued its report Tuesday on Health Canada's

Reaction to report

Canadians for Safe Technology, a non-profit group whose stated goal is to educate Canadians and policy makers about the dangers of exposure to unsafe levels of wireless radiation, reacted angrily to the report.

- The group accused the panel of siding with the wireless industry and ignoring scientific data warning of health risks.

Safety Code 6, which sets out limits on exposure to radiofrequency fields aimed at protecting the health of workers and the general public.

The panel was asked to recommend changes to the code following a review of the latest research on adverse health effects linked to radio waves from mobile phones, Wi-Fi equipment, cellular phone towers and TV/radio broadcast antennas.

"The conclusion of the panel was that the Safety Code 6 limits are science-based and are designed to avoid all known hazards of radiofrequency radiation," said panel chair Paul Demers, director of the Occupational Cancer Research Centre in Toronto. "And we do not believe at this time that additional precautionary measures should be introduced directly into the exposure levels or limits." **THE CANADIAN PRESS**



Cancer society kicks off Daffodil campaign

Seven-year-old cancer patient Michael Meehan adjusts Gov. Gen. David Johnston's tie during a ceremony in the greenhouses of Rideau Hall marking the beginning of the Canadian Cancer Society's Daffodil campaign, Tuesday, in Ottawa. **ADRIAN WYLD/THE CANADIAN PRESS**



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Health-care law is here to stay, Obama says

Affordable Care Act.
Despite early hiccups,
7.1M enrolled by
midnight deadline

Mocking his critics, President Barack Obama boasted Tuesday that 7.1 million people have signed up for his health care law, an unexpected comeback after a disastrous

rollout sent his poll numbers plummeting and stirred fears among Democrats facing re-election this fall.

"The debate over repealing this law is over," he declared.

Despite lingering problems with the website, a late wave of enrolments pushed sign-ups higher than critics and even the White House had believed possible. Still, the administration hasn't

determined how many of those people have closed the deal by paying their first month's premiums. Also unclear is how many were previously uninsured — the real test of Obama's health care overhaul. The law also expanded coverage for low-income people through Medicaid, but only about half of the states have agreed to implement that option.

Republicans responded in a new round of their own quotes from people complaining about rapidly rising rates.

"The band may be playing in the White House, but hearts aren't light for Americans struggling to afford Obamacare's higher costs," said a release from the Senate Republican Communications Center.

THE ASSOCIATED PRESS



U.S. President Barack Obama speaks outside the White House on Tuesday about the Affordable Care Act. CAROLYN KASTER/THE ASSOCIATED PRESS

Arizona. Women's health group to appeal ban on abortion-inducing drug

A prominent U.S. women's health organization filed an appeal Tuesday after a federal judge refused to temporarily block the country's most stringent restrictions on the use of abortion drugs.

The rules, which took effect in Arizona on Tuesday, ban women from taking the most common abortion-inducing drug — RU-486 — after the seventh week of pregnancy. Existing rules allow women to take the abortion pill through nine weeks of pregnancy.

Planned Parenthood Arizona filed its motion with the 9th Circuit U.S. Court of Appeals.

U.S. District Judge David C. Bury had considered temporarily blocking the new rules with an injunction Monday, but he decided against such action just hours before the regulations went into effect.

That ruling came in response to a lawsuit by Planned Parenthood Arizona and the private abortion clinic Tucson Women's Center, who say the rules severely infringe on a woman's ability

to have an abortion. Planned Parenthood estimates that 800 women would have had to get surgical abortions in 2012 if the rules were in effect then.

In his ruling, the judge acknowledged that the new rules will make it more difficult for some women in Arizona, especially those in the northern part of the state, to get abortions as they have to travel farther and make more trips to clinics. But he said they aren't obstacles big enough to show that the rules should be blocked.

Attorney Mike Tyron, arguing the case for the state, described the rules as a shift in regulations that amount to a minor inconvenience for women — not the heavy-handed changes that opponents make them out to be.

The rules require that the drug be administered at the FDA-approved dosage within seven weeks into a pregnancy instead of nine weeks, and that both doses be taken at the clinic.

THE ASSOCIATED PRESS

Greece

Prison guards face torture charges

Eight Greek prison guards face life imprisonment for allegedly torturing to death an Albanian convict who was serving a 20-year sentence in the northern Nigrita Prison.

Ilie Kareli, 42, was found fatally injured in his cell last week after a severe beating. Coroners found that Kareli had been hit on the head and body, and suffered chest injuries that led to his death from heart failure.

THE ASSOCIATED PRESS

Emergency surgery

Mishap leaves saw blade in man's neck

A tree trimmer is recovering after he was rushed to a hospital with a chainsaw blade embedded in his neck.

James Valentine was in a tree on Monday afternoon when he was struck in the neck by the saw. His co-workers left the saw in place to try to limit the bleeding.

Valentine had emergency surgery. Doctors say the saw missed major arteries and cut into muscle.

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Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
lucy.scholey@metronews.ca

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.

You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in



your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."



In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from *The Girl With The Dragon Tattoo*. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

Stay safe out there

Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Modern life's Catch-22

"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues

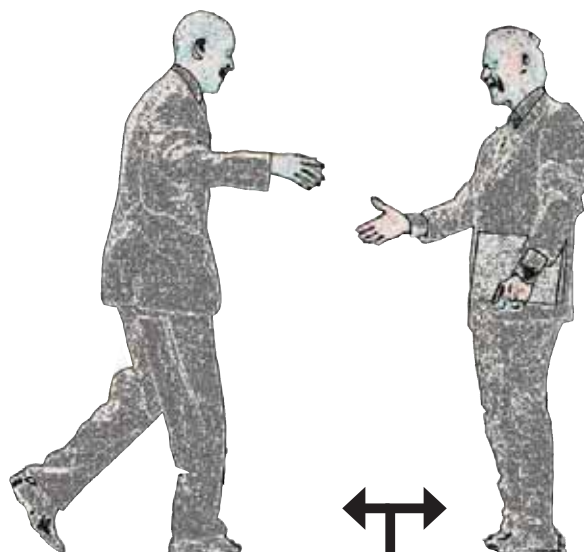


Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of \$1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.

• Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.
- One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi



Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.



Social hacking

A hacker made off with \$100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they

should ask for ID, but they don't.

- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.



Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.



PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says

curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing

ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and wait-

ing hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO



Ethical hacker Leigh Honeywell
VINCE TALOTTA/TORSTAR NEWS SERVICE

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Starbucks finds

Americans love sliced cake loaves

Starbucks is learning that people really like their sliced cake loaves in the U.S.

The Seattle-based coffee company says it will start bringing back its cake slices in response to cus-

tomers feedback.

The company had been getting rid of the slices that came in banana, iced lemon and pumpkin flavours as part of a staggered rollout of its pricier new baked goods. In their place, Starbucks offered what looked like miniature loaves that cost \$2.45 US, an increase of 20 cents.

THE ASSOCIATED PRESS

Call for boycott

OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported Califor-

nia's former gay-marriage ban.

Mozilla, the non-profit maker of Firefox, infuriated many employees and users last week by choosing co-founder Brendan Eich to lead the Mountain View, Calif., company.

In 2008, Eich gave \$1,000 US to the campaign to pass California's Proposition 8.

THE ASSOCIATED PRESS

Cost to fix ignition just 57 cents: GM

Penny wise, pound foolish? It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though

it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette, D-Colo., held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

Since February, GM has recalled 2.6 million cars over the faulty switch, which has also been linked to 13 deaths and dozens of accidents.

A spokeswoman for GM Canada confirmed that one of the deaths associated with the faulty ignition switch was that of a Quebec motorist last June. THE ASSOCIATED PRESS



Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks. HOLLY RAMER/THE ASSOCIATED PRESS

Airbnb to pay hotel taxes in San Francisco

Online home rental service Airbnb has agreed to pay San Francisco's 14 per cent hotel tax, addressing at least one concern of critics who say the company is flouting regulations.

Under the plan, Airbnb would collect taxes directly from guests as an extra charge on their bill — the same way hotels do, the San Francisco Chronicle reported on Monday. For example, a guest staying in a \$100 US-per-night Airbnb room would pay an extra \$14 a night.

The San Francisco-based company, which connects travellers with people renting out their homes, said it will begin remitting taxes to the

city by the summer. Out of the 32,000 cities worldwide where Airbnb operates, San Francisco and Portland, Ore., would be the first ones where it collects hotel taxes. The company agreed last week to collect taxes in Portland.

"We have repeatedly said that we believe our community in San Francisco should pay its fair share of taxes," David Hantman, the company's head of global public policy, wrote in a blog post.

The move could potentially add millions to San Francisco coffers and help Airbnb avoid conflict with regulators — especially if the company seeks to go public, the Chronicle reported.

Airbnb has been criticized by city officials, landlords and hotels, who say it ignores local regulations, including the hotel tax and a ban on renting residential spaces for less than 30 days.

Marina Franco, an attorney at a law firm that represents property owners, said the tax is not enough for landlords.

"Our concerns are the liabilities of having strangers in our buildings, the fact that (tenants) are renting rooms for more than landlords are entitled to charge and that they don't have conditional use permits to run hotels," Franco said.

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FOR LIFE'S AWKWARD MOMENTS

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of *The Awkward Human Survival Guide*.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz ... and "How to Tell Someone You Don't Like Them," an excerpt from *The Awkward Human Survival Guide*.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The



JUST SAYIN'

Paul Sullivan

metronews.ca

more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in *The Awkward Human Survival Guide* for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

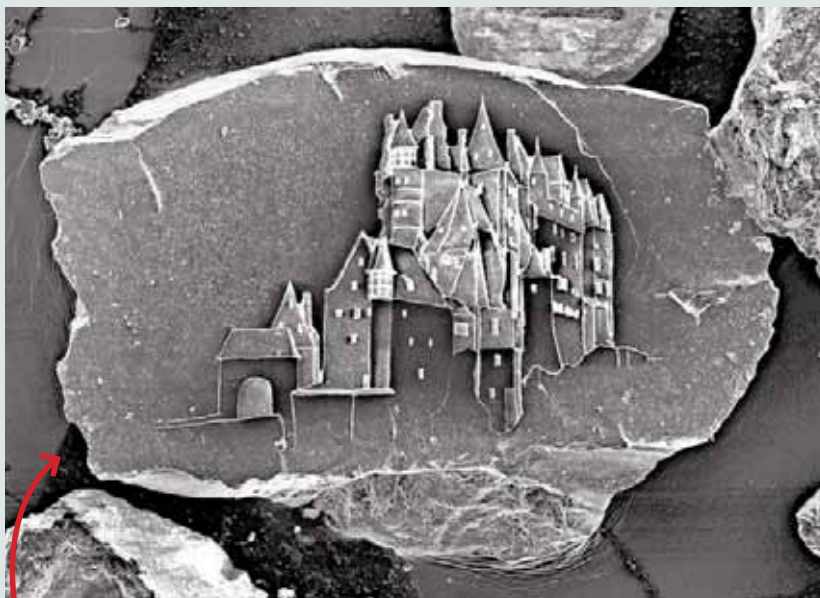
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. **METRO**

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

Vik Muniz

Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. **METRO**

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MetroTube

Cats react to cat videos by ... licking themselves



ANDREW FIFIELD
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty **Fine Brothers of Kids React To Viral Videos** fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."



SCENE 2

Superhero by Cappy accident

Character study.

Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film



IN FOCUS

Richard Crouse
scene@metronews.ca

Captain America, played by Chris Evans in this weekend's superhero flick *Captain America: The Winter Soldier*, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Cap-



Chris Evans and Scarlett Johansson in *Captain America: The Winter Soldier*. CONTRIBUTED

tain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evil-doer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like *Blade of Wrath* and *Vault of Vengeance* — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain Amer-

ica was featured in another story shot for the big screen. In 1990's *Captain America*, Cappy is played by Matt Salinger, son of author J.D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because

of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In *Easy Rider*, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

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Don't mistake this film for a rock doc

Mistaken for Strangers. Film about The National chronicles what happens when a slacker takes a hard look at his life

STEVE
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Fans of indie rock band The National should be slightly cautioned before buying tickets to see *Mistaken for Strangers*. After all, the film is certainly less a music documentary than it is a comedy of errors about the singer's brother who slacked his way onto the screen.

"I tell people this (is) not really a rock doc," explained director and subject Tom Berninger. "If you like The National, see this movie because you're going to see them as normal people not

talking about their music for once. You can go watch that on YouTube."

The National's music may be downplayed but *Mistaken for Strangers* (opening April 10th in Toronto and available on iTunes) does capture how connected the Ohio band is. After band leader Matt Berninger asked his idle 30-something sibling to help the road crew during a year-long tour, Tom instead aimed to film the musical mayhem of a travelling rock band. To his surprise, however, the backstage antics weren't what he expected.

"It kind of sucked in that way," said Berninger, who

Quoted

"Our motto in the editing room was that anything creative you do is always bad until it's good."

Filmmaker Tom Berninger
on making *Mistaken for Strangers*

jokes that he ended up with a lot of footage of guys on laptops.

"They weren't partying with me, so I had to party by myself."

His outrageous conduct surely made for an amusing comedy but it also got Tom fired from the job.

As the film's emotional twist, it also proved a turn-

ing point for the would-be filmmaker, who then had to look inward for inspiration and, essentially, turn the acclaimed doc into a painstaking study of self.

"I had a lot of encouragement, a lot of help with other people telling me this stuff was good, or this stuff was terrible — (there was) a lot of that, too," laughed

Being Berninger

- Berninger on his film opening the Tribeca Film Festival. "Honestly, when they first told me that I was the opening movie

of the festival, I thought, does that mean my movie is going to show at 10 o'clock in the morning on the first day?"

Berninger. "Our motto in the editing room was that anything creative you do is always bad until it's good."

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Mistaken For Strangers shows The National to be less rocker and more like regular people. THE ASSOCIATED PRESS





Chris Martin ALL PHOTOS GETTY IMAGES

No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's \$10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four lay-

ers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. **METRO WORLD NEWS**

The Rolling Stones back on the road following the death of Jagger's girlfriend

The Rolling Stones are resuming a world tour after postponing several dates in the wake of the death of L'Wren Scott, girlfriend of singer Mick Jagger. The band has announced new shows in Europe, starting May 26 in Oslo, Norway.

The band called off a tour of Australia and New Zealand after Scott was found dead on March 17. The New York City medical examiner's office ruled



L'Wren Scott

her death a suicide.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Men or women? Miranda doesn't Kerr

MELINDA TAUB
Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, how-

ever — a nice strong chest to lie on."

So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.



Chris Evans

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he

said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring." **METRO WORLD NEWS**

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Widely trumpeted as the world's most glamorous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Luxurious Wailea

Upscale Wailea offers golf courses, glamorous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect



Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO

spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheesemaking process, finishing with a sampling of the dairy's award-winning chevre-and-chocolate truffles. A stone's



Maui boasts some of the most beautiful views in the world.

throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'i Kula Lavender Farm

which offers guests an opportunity to purchase a variety of sweet-smelling beauty products and epicurean treats. Be sure to soak in the sun on their café



Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Feast at Lele

In the heart of Lahaina, a few steps from the calm lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific. They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

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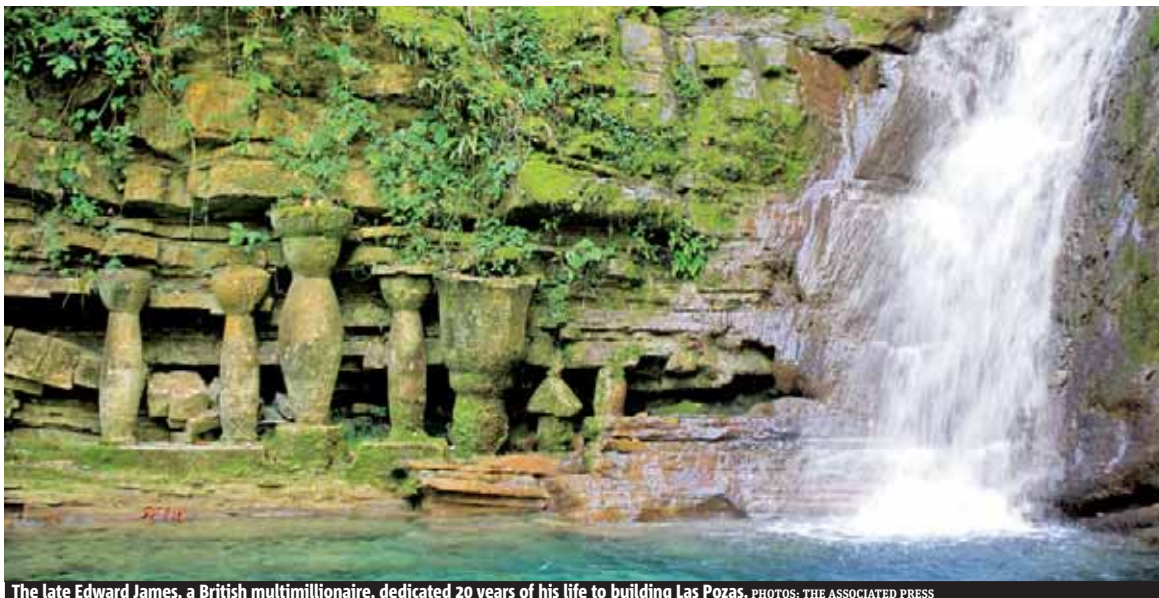
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The late Edward James, a British multimillionaire, dedicated 20 years of his life to building Las Pozas. PHOTOS: THE ASSOCIATED PRESS



The sculptures at Las Pozas evoke ancient Greece.

Step into the surreal at Las Pozas

Welcome to the jungle. Art park in Mexico was the vision of eccentric millionaire

At the end of a long, dirt road in Mexico's northeast jungle, two spiral staircases appear, leading nowhere amid an ornate concrete structure. Giant concrete fleur-de-lys flank a path, and tall bamboo-shaped columns surround a house with no walls. Oversize plaster orchids are in permanent bloom, while a natural waterfall ceaselessly flows down a mountain.

This is Las Pozas, a dreamy,

little-known garden of surreal art, where sculptures evoke the ruins of ancient Greece but are overrun by exotic jungle plants. It was created by the late Edward James, a British multimillionaire and arts patron who favoured surrealists like René Magritte and Salvador Dali.

"Mr. Edward wanted to bewilder," said Carlos Barbosa, a park guide. He thought of the park "as a joke to a future civilization."

And visitors are bewildered by Las Pozas, located on a 100-acre (40-hectare) hillside where the Sierra Madre mountains and coastal plains of the northeast state of San Luis Potosi meet.

"I had seen videos and documents but I didn't expect it to be so impressive," said Vida Arellano, a tourist from the northern state of Chihuahua. "Once you are here, you are enveloped by nature, the sculptures, the architecture ... it transports you to a different mental state."

Las Pozas means the pools.

The ferocity of the jungle in these hills of the Sierra Madre, a seven-hour drive from Mexico City, has destroyed many structures in the garden. But that didn't bother James, who liked to think that future archaeologists would discover his lost city and wonder what kind of

civilization had built it, Barbosa said.

James inherited a fortune from his father and used the money to support the work of great surrealists, including Dali, Magritte, Leonora Carrington and Remedios Varo. Fascinated with Mexico, he arrived in San Luis Potosi in the mid-1940s, bought land through a Mexican friend and spent the next 20 years of his life building his garden.

The park was only half-built by the time its creator died 30 years ago, but it remains an impressive work of art, with an air of mystery added by the rust and deterioration brought on by nature.

The original project, interestingly, had nothing to do with the garden's ultimate design.

For years, James cultivated thousands of orchids on his land, but in 1962 a cold snap destroyed them, said Zaira Linan, the park's assistant director. James then ordered workers to build cement flowers that weather couldn't destroy, Linan said.

The son of British aristocrats and grandson of a Canadian timber baron, James first came to Mexico in 1944 at the invitation of psychiatrist Erich Fromm. He joined a salon of intellectuals and artists at Cuernavaca, the resort city just southeast of Mexico City.

It was in Cuernavaca that he met Plutarco Gastelum, a Mexican friend who helped oversee the garden's progress as workers built wooden moulds from James' drawings and filled them with cement to create the sculptures.

James' imagination didn't stop with the flowers. He began to design increasingly complex sculptures, often inspired by artistic philosophies he encountered in his travels. He would sketch his sculptures on postcards and mail them to Gastelum.

With park guides' help, visitors can access the most remote corners of the park.

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Bucket List



The Galapagos Islands

Vision Travel has announced a cruise of the Galapagos Islands this coming November, escorted by Canadian artist and environmentalist Robert Bateman. Home to many unique species of birds and animals, these islands off the coast of Ecuador have been the focus of Bateman's work for decades. This exclusive trip aboard the 295-foot National Geographic Endeavour, operated by Lindblad Expeditions, is only open to 96 guests. The itinerary includes snorkeling with penguins and sea lions, kayaking, walking with wildlife unperturbed by your presence and nightly lectures from Bateman and a team of wildlife specialists. Prices start at \$6,500. Visit vision2000travel.com. **DOUG WALLACE/METRO**

Get thee to the Continent in 2014.

Here are a few things to check out on the other side of the pond



ON THE MOVE
Loren Christie
lif@metronews.ca

Europe will be showcasing a variety of cultural and historical events in 2014.

Capitals of Culture

Umeå, Sweden and Riga, Latvia have been named the 2014 European Capitals of Culture. With that designation comes a year of art exhibits, musical events and cultural festivities in each city. Relatively unknown, Umeå is located 600 kilometres north of Stockholm and will focus a large part of its program on the indigenous Sami people. Slightly better known, Riga offers visitors a lively restaurant and café scene and cobblestone streets lined with medi-



Riga, Latvia is one of the cities that has been named a 2014 European Capital of Culture. **ISTOCK**

eval timber-frame houses. With more than 800 art nouveau structures around the city, Riga will be highlighting its unique architectural offerings alongside its arts program.

Welcome home!

Scotland is ready to party and is showcasing everything Scottish by throwing a Homecoming celebration, with numerous events and festivals planned throughout 2014. A highlight

will be the XX Commonwealth Games in Glasgow from July 23 to August 3 with the finest athletes from Commonwealth countries heading to compete in 17 sports. In addition to cheering on our Canadian athletes, spectators will have the chance to see Olympic champion sprinter Usain Bolt go for gold. If you want to explore Scotland's famous highlands, hike the recently opened John Muir Trail, stretching some 160 kilometres

from Dunbar to the waterfront town of Helensburgh.

The beginning of the Great War

Commemorative events, including a national church service, are being held across Britain to mark the centenary of the outbreak of the First World War. New exhibits are set to debut, notably London's Imperial War Museum's First World War Galleries. Opening in June,

the galleries are part of a radical renovation of the museum. The goal is to better tell the story of the 16 million people whose lives were claimed by the conflict.

The beginning of the end

Elsewhere in Europe, they're marking the beginning of the end of the Second World War with events commemorating the 70th anniversary of the D-Day invasion in Normandy. The new Liberation Route of Europe will reconnect the main regions through which Allied forces moved from the United Kingdom to Berlin at the end of the War. In the Netherlands, for example, the Liberation Route will focus on 85 historical locations in three regions that played an important role in the final stages of the conflict. Each location, marked by a large boulder, will tell the story of the civilians and soldiers who lived and fought there in 1944-45. As you walk, bike or drive the route you can download the accompanying audio stories for free as MP3s from liberationroute.com.



Wuxi, China

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But let's face it, unless you have the budget to hire a career or life coach, it's up to you to create your career and set yourself up for the opportunities you most want.

Here are four DIY opportunities that allow you to take the initiative and open doors for yourself.

Get insider industry intelligence

The challenge:

Line up an informational interview with a VIP in your field, to be conducted by phone or in-person (the latter preferred).

Getting the inside scoop on what it takes to succeed in the field can help you decide if it's a good fit.

"The more knowledge



To determine what knowledge you may need to succeed, ask people working in your target sector which skills they wish they had right now. ISTOCK

you have, the better decisions you can make about your career," advises university career services professional Katharine Brooks, plus "you'll be better prepared for the real job interview."

The prerequisites:

You're persistent, well-prepped with smart questions and have above-average communication skills — including active listening. Remember, busy people

may be more inclined to meet if you have a mutual acquaintance.

Expand your referral network

The challenge:

Once weekly, line up a lunch date with someone in your extended professional network — including your loose ties online.

People get jobs because of who they know. Networking doesn't end once you have made a connection; it's an active and ongoing process.

The prerequisites:

You're into reciprocity, are genuinely interested in other people, have already memorized a soft-sell version of your elevator pitch and because eating with someone in a professional context can be tricky, you have above-average dining etiquette — including negotiating multiple forks.

Develop your skills portfolio

The challenge:

Add another line to your resumé by mastering a unique and in-demand job skill.

The ability to wear many hats and deliver results beyond your job title and description sets you apart and positions you on the promotion fast track.

"Your job title should never act as a limit to what you want to achieve," advises Dharmesh Shah, founder at HubSpot.

The prerequisites:

You are curious, self-motivated and disciplined when you need to be and you genuinely enjoy learning — including via free or paid online courses, post-grad certificate programs, YouTube videos, webinars or workshops.

Become discoverable

The challenge: Stake your claim to the web with a personal profile that is public-facing and professional. But don't forget to humanize it with evidence of your unique personality.

- When someone searches for you (or someone like you) online, help him or her to find and select your profile over your competitors'. "What I do care about?" asks Cindi Leave, Editor-in-Chief at Glamour Magazine. "That you have passions, professional and otherwise, that make you a real, 3D human."

The prerequisites: Your resumé is up to date and ready to be posted online, you have a great headshot, and you can link to or upload digital evidence of your accomplishments and interests — including something creative, because today every employer wants innovators.

Whether you're currently employed or not, practise self-direction and get ahead in your career with these do-it-yourself opportunities, and generate a bit of self-manufactured luck in the process.

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Cognitive concepts turned on their head

Research in remembering. Think you can cram and kill that test every time? Think again. But this time think really hard.

JANE BORDEN
Metro World News

Do you figure that repetition and reading for long hours are the key to learning? Not according to a new book based on the research of two Washington University professors.

"Empirical research into how we learn and remember shows that much of what we take for gospel about how to learn turns out to be largely wasted effort," reads one of the opening passages of *Make It Stick: The Science of Successful Learning*.

The work is the result of 10

years of research into the application of cognitive psychology to education practices by Henry Roediger and Mark McDaniel, both in the Department of Psychology at Washington University in St. Louis, MO. They then enlisted the help of novelist (and Roediger's brother-in-law) Peter Brown to turn their findings into a book for a mass audience.

"When I heard what he, McDaniel and their colleagues were finding, it seemed like big news: Most of us are going about learning the wrong way! This was something everybody needed to hear," he said.

For example, rereading texts won't really help you learn, and neither will repeatedly practicing tasks. We asked Brown why.

What is it about overcoming difficulty that makes learning stronger?

The best way to make learning stick is to focus less on getting

knowledge into the brain and more on getting it out. You learn best by trying to retrieve an answer from memory, and this holds true even before we have been taught what the answer is.

How does that work?

When the brain encounters new information, the representation of that information is pliable — the brain works at making sense of the new material by filling in gaps and connecting it to what you already know.

So the brain folds information into what is already stored?

And every time you have to work hard to retrieve learning, it becomes pliable again, and as the brain reconsolidates it, the most important aspects become more prominent and the paths to the knowledge are strengthened. But the key to this is effort. It's arduous retrieval practice that strengthens learning.

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Restaurant classic comes to your table

Beef Fajitas. Beef and vegetables are cooked together in this recipe for an easy supper



DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

However, don't be afraid to use tortillas in other ways

FLASH FOOD



From your fridge to your table in 30 minutes or less

Cooking tips

- **Chicken/turkey option:** You can use boneless skinless chicken or turkey breast instead of the beef.
- **Serving option:** You can serve the meat filling over rice instead of filling the tortillas.

like as a pizza base with simple toppings to enjoy with a salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even

Ingredients

- 1 tsp (5 ml) canola oil
- 1 strip loin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)



This recipe makes two or three servings. EMILY RICHARDS

with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

1. In large non-stick skillet, heat oil over medium-high

heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

2. Return skillet to medium heat and cook onion, gar-

lic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until tender crisp. Add pasta sauce and cook for 5 minutes. Return beef to pan and cook until heated through.

3. Place the meat-vegetable mixture in centre of a tortilla and dollop with some of the sour cream, if using. Roll up and then repeat with the remaining ingredients.

Who wants beef? Burritos do!

Add a flavourful twist to burrito night by blending half the beef with finely chopped mushrooms.

1. Place the fresh Crimini mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef; pulse until well combined.

2. Heat the oil in a large, nonstick skillet over medium-high heat. Add the mushrooms, Tex-Mex seasoning and mushroom seasoning. Cook for 10 minutes

until mushroom mixture is browned.

3. Spread the refried beans over each tortilla. Spoon in rice, and top with the mushroom mixture, lettuce, salsa

and optional guacamole and sour cream. Sprinkle with cheese, and roll up burritos.

4. Coat a hot non-stick

skillet with cooking spray. Place the burritos, seam side down, and toast on both sides for 3 to 4 minutes until heated through.

NEWS CANADA

Ingredients

- 8 oz (250 mg) fresh Crimini mushrooms
- 1/2 lb (250 g) lean ground beef
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) Tex-Mex seasoning blend
- 1 pkt (5 g) mushroom seasoning blend
- 1 cup (250 ml) reduced sodium refried beans
- 4 large flour tortillas
- 1 cup (250 ml) cooked Spanish rice
- 2 cups (500 ml) shredded lettuce
- 1/2 cup (125 ml) salsa
- 1/2 cup (125 ml) guacamole (optional)
- 1/2 cup (125 ml) fat-free sour cream (optional)
- 3/4 cup (180 ml) shredded part skim Cheddar cheese



This recipe makes six to eight servings. EMILY RICHARDS

MLB

Reyes on DL one at-bat into season

The Toronto Blue Jays have placed shortstop Jose Reyes on the 15-day disabled list with hamstring tightness suffered in his first at-bat of the season.

Reyes exited Monday's season opener against the Tampa Bay Rays in the first inning and did not return. Toronto went on to lose 9-2.

The 30-year-old led off the game and was robbed of a hit on a diving catch by Rays centre-fielder Desmond Jennings, but was replaced in the field by Ryan Goins in the bottom of the first.

The Jays called up infielder Jonathan Diaz from triple-A Buffalo to replace Reyes. **THE ASSOCIATED PRESS**

MLB

Millions in bonuses at stake for Cabrera

If Miguel Cabrera keeps winning MVP awards into the twilight of his career, his massive new contract will become even more lucrative.

In addition to \$248 million in guaranteed salary from 2016-25, Cabrera can earn up to \$4 million annually in award bonuses. That includes \$2 million for each MVP he wins and \$1 million for each Triple Crown. For 2014-15, his bonuses remain the same as they were in his previous deal.

Cabrera already was due \$44 million over those two years, salaries incorporated into his record \$292-million, 10-year contract. **THE ASSOCIATED PRESS**



Tiger Woods has been playing through back pains ever since last summer. CHRIS TROTMAN/GETTY IMAGES

Woods puts Masters on the back burner

Golf. Tiger opts for surgery instead of chasing after his fifth green jacket at Augusta

Tiger Woods chose surgery to heal his ailing back over a quest for another green jacket, announcing Tuesday that he will miss the Masters for the first time in his career.

Woods said on his website that he had surgery Monday in Utah for a pinched nerve that had been hurting him for several months, knowing the

surgery would keep him from Augusta National next week for the first time since he was a senior in high school.

The No. 1 player in the world is a four-time Masters champion.

"After attempting to get ready for the Masters, and failing to make the necessary progress, I decided in consultation with my doctors to have this procedure done," Woods said. "I'd like to express my disappointment to the Augusta National membership, staff, volunteers and patrons that I will not be at the Masters."

Back-breaking work

Woods has been coping with back issues since last summer: a twinge in the final round of the PGA Championship and spasms in the final round of the Barclays that caused him to fall to his knees.

"It's a week that's very special to me," he said. "It also looks like I'll be forced to miss several upcoming tournaments to focus on my rehabilitation and getting healthy."

The Masters gets the highest television ratings of any golf tournament, and Woods commands most of the attention, even though he last won a green jacket in 2005. He won his first Masters in 1997 when he set 20 records, from youngest Masters champion at 21 to his 12-shot margin of victory.

"I know Tiger has been working very hard to return to form, and as I have said many times, Tiger has a lot of years of good golf ahead of him," Jack Nicklaus said. "I hate to see him robbed of some of that time by injury."

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Wick'd tough

The secret's out.

Wickenheiser reveals she played with a broken foot at Sochi Games

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I've had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I can avoid having that surgery, hopefully."

"I knew it was broken at the time (of Olympics), we just found out it was a little more serious break than we thought. It was just managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or



Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

mention of it prior to the Sochi Games or even after Canada's dramatic come-from-behind 3-2 overtime victory over the U.S. in the gold-medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the

boot for the last two weeks, with six more to go.

"After the Olympics ... it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot."

"My medical team was really good with treatments to keep the swelling down. I just did a lot of things on one leg and tried to minimize the pounding on my foot in order to be able to get through the games. Now I've had the chance to see where the damage is and with a couple of

months' rest, I should be fine. I wasn't able to rest it before."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes.

Ironically, skating wasn't painful for Wickenheiser because of the support the skate boot provided her injured foot.

"It wasn't too bad," she said. "But the running and training we had to adjust."

THE CANADIAN PRESS

Wednesday's Metro AR poll

HAROLD CUNNINGHAM/GETTY IMAGES



Metro AR poll results

50% Metro News readers voted Rick DiPietro's 15-year-old daughter, \$67.5-million contract with the New York Islanders the worst from our list of bad contracts. Here's how the rest of the underperformers fared:

19% Dion Phaneuf (7 years, \$49M, 2013)

13% Gilbert Arenas (6 years, \$111M, 2008)

6% Miguel Cabrera (10 years, \$292M, 2014)

6% Ricky Romero (5 years, \$30.1M, 2010)

6% Michael Vick (10 years, \$137M, 2004)



Quoted

"I just did a lot of things on one leg and tried to minimize the pounding on my foot."

Hayley Wickenheiser, Team Canada women's hockey gold medalist



Calgary's Kevin Koe looks on during his rink's win over the United States on Tuesday in Beijing. NG HAN GUAN/THE ASSOCIATED PRESS

Curling. Norwegians rise above Koe in battle of top rinks

Norway's Thomas Ulsrud scored three points in the ninth end for a 9-5 win over Canada's Kevin Koe in a battle of first-place teams at the world men's curling championship on Tuesday in Beijing.

Ulsrud hit a double takeout with his final stone to improve to 6-1 after 11 draws of play at Capital Indoor Stadium. Koe,

who beat the United States 7-4 earlier in the day, fell into a three-way tie for second place at 5-2.

"I would have liked to be a little better, but the way we were playing earlier in the week, that's not a bad spot because we were struggling," Koe said. "We have some tough games coming up, but if we can

keep throwing it well, I think we'll get better results."

"Some of the missed shots weren't the result of the throws — it was more the line calling. We just have to pick that up a little better."

Ulsrud was coming off a 7-6 loss to Germany in an extra end.

Koe and his Calgary-based

team of lead Nolan Thiessen, second Carter Rycroft and third Pat Simmons were tied with Japan's Yusuke Morozumi and Switzerland's Peter de Cruz.

Canada was scheduled to play Switzerland and Sweden on Wednesday before closing out round-robin play Thursday against Scotland and Germany.

THE CANADIAN PRESS

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SINCE 1934

2015 Hyundai Genesis

- **Type.** Four-door, all-wheel drive full-size sedan
- **Engines (hp).** 3.8-litre DOHC V6 (311); 5.0-litre DOHC V8 (420)
- **Transmissions.** Eight-speed automatic
- **Base price (incl. destination).** \$44,800

All-wheel drive

The powertrains are positioned inside a more rigid platform necessitated by the addition of all-wheel drive — the first for any Hyundai passenger car. The system, comes standard on both V6 and V8 models and distributes the torque 40:60 front-to-rear in normal driving conditions, but can send up to 90 per cent to the front, or 100 per cent to the back wheels if slippage is detected.



Fuel option

Hyundai states that both engines can use either premium or regular fuel without problem, although if the latter is used, some unspecified power reductions will occur.

Safety systems

Safety systems for the Genesis include automatic emergency braking, blind spot and cross-traffic alerts, lane-departure warning and parking assists. There's also a carbon dioxide sensor control system that pumps in fresh air automatically whenever carbon dioxide levels increase, helping to prevent drowsy driving.

Hyundai's new beginning

Compare



- 1** Chrysler 300 AWD
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Solid, powerful, full-size sedan with optional AWD and 470-horsepower V8



- 2** Lexus ES
Base price: \$40,250
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- 3** Cadillac CTS AWD
Base price: \$55,300
New-for-2014 model can be had with AWD and in 420-hp turbo-V-Sport trim



PHOTOS: WHEELBASEMEDIA.COM

Review. Competitors? As a second effort, the 2015 Hyundai Genesis marches to its own beat

MALCOLM GUNN
wheelbasemedia.com

In the beginning, Hyundai was focused on building small, inexpensive cars for the masses. Now the Korea-based automaker's offerings span nearly every niche, from entry-level basic to imposing luxocruisers.

Since the 2009 model year, the Genesis sedan has taken up residence at the premium end of the market (directly below the Equus) and the new-

for-2015 edition arriving this spring maintains that spot.

The previous Genesis appeared as a compilation of several full-size luxury marques, including the Lexus LS, BMW 5- and 7-series and Mercedes-Benz E- and S-Class sedans. This time, however, Hyundai appears confident enough in its own in-house styling prowess that the Genesis is taking its own path, although some resemblance to the Audi A7 is evident.

Most unique is the trapezoidal grille that, when combined with fancy LED (Light Emitting Diode) headlight pods and running lights, give the Genesis a character all its own. The sweeping roofline ends at a truncated decklid flanked by an equally impressive set of LED



The simple interior shows restraint when it comes to shapes and buttons, the latter of which are mostly contained within the touch screen. Note the winged Genesis badge on the steering wheel.

taillights.

Although Hyundai retained the Genesis's overall length to within a few centimetres of the previous

design, it did extend the distance between the front and rear wheels by 7.5 centimetres, resulting in increased space for all passengers.

Those riders will experience a cabin that's much simpler than before. Hyundai has shown admirable restraint in keeping the knob, button and switch count to a minimum (many controls are now accessed through the touch-screen display), even though the steering wheel has picked up some of the slack.

Carrying over for 2015 with minor modification are the Genesis's two powerplants. The starting-point 3.8-litre V6 is rated at 311 horsepower and 293 pound-feet of torque (previously 333/291). The optional 5.0-litre V8 rustles up 420 horsepower and 383 pound-feet of torque, down nine horses but up from 376 pound-feet.

5 DRIVE



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New HVAC system.

Compact CUV boasts innovative and efficient heating, ventilation and air conditioning mechanism

JIL MCINTOSH
Drive@metronews.ca

While the battery in an electric car provides the power for driving, that's not all it does. It also runs such things as the lights, stereo and climate control, all of which cut down on the car's driving range.

The heater presents the greatest challenge. In a gasoline-powered car, heat from the engine is used to warm the cabin. Since the electric motors in battery-powered cars don't get hot enough for this, automakers add electric heaters, which draw a lot of power.

Kia, which is introducing a new electric version of its Soul compact CUV, has developed an innovative heating, ventilation and air conditioning (HVAC) system to reduce energy usage.

"The main reason for the new HVAC system is to reduce the load on the battery," says S.J. Kim, Soul product manager for Kia Motors. "We have placed particular focus on maximizing heating efficiency."

Like a conventional car, the Soul EV's HVAC system uses a compressor, evaporator, and condenser, but it also includes a new, highly efficient heat pump. The pump uses waste heat from the car's electrical components to enhance the heating system and save electricity. Even in extremely cold

Take note

- While gasoline cars don't need heat pumps, Kia may eventually add the air induction control and individual ventilation to other models.

- Like other electric cars, the Soul EV's cabin can be preheated or cooled when it's plugged in before driving, increasing its range.

- In gasoline cars, hot antifreeze from the engine runs through a heater core, which is used to warm the interior.

temperatures, it can increase heating efficiency by as much as 30 per cent.

"Heating consumes more energy than cooling in electric vehicles," Kim says. "This is why we have applied the heat pump system to the Soul EV. Although the heat-pump system is a known technology and can be found in household heaters-coolers, it is challenging to apply this system to electric vehicles because of factors such as external temperature change while a vehicle is in motion."

To further save power, Kia uses a "smart" air induction control. Cars need fresh air in the cabin to keep the occupants comfortable, but it must be heated or cooled. The new system recycles as much interior air as possible, since it's already at the right temperature, and adds only enough outside air to keep the cabin fresh.

The car also features an all-new ventilation system, the first on any production vehicle, that can be set to the driver's side alone. If a driver is alone in the car, he or she can push a button that completely shuts off the dashboard and floor vents on the passenger side. Since the system no longer has to heat or cool the whole car, it uses less battery power, which adds to the car's driving range.

Quoted

"The main reason for the new HVAC system is to reduce the load on the battery."

S.J. Kim, Soul product manager for Kia Motors

Horoscopes

Aries

March 21 - April 20

You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

Taurus

April 21 - May 21

What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicious but today's cosmic set-up warns it's a bad idea to take chances.

Gemini

May 22 - June 21

Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

Cancer

June 22 - July 23

If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

Leo

July 24 - Aug. 23

Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

Virgo

Aug. 24 - Sept. 23

Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

Libra

Sept. 24 - Oct. 23

You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

Scorpio

Oct. 24 - Nov. 22

You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

Sagittarius

Nov. 23 - Dec. 21

If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

Capricorn

Dec. 22 - Jan. 20

If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

Aquarius

Jan. 21 - Feb. 19

Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

Pisces

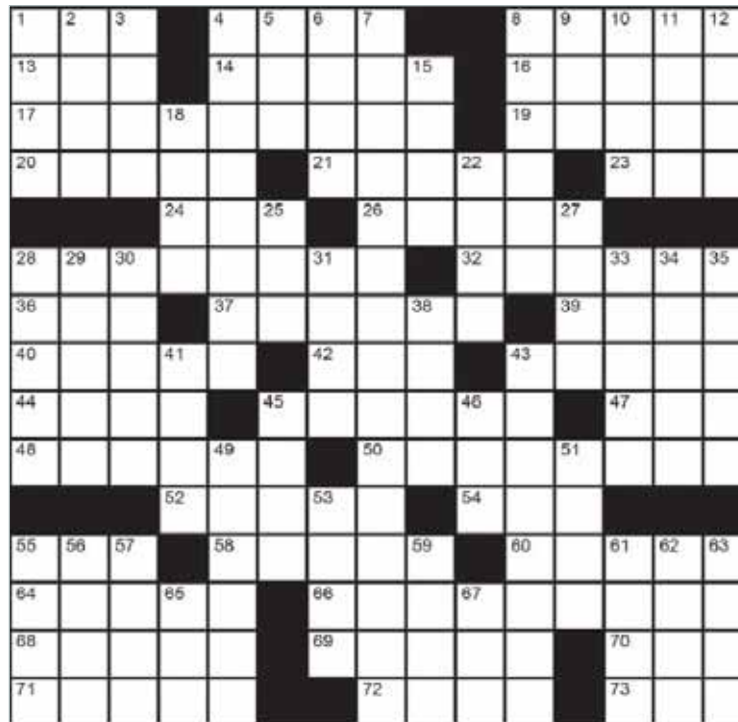
Feb. 20 - March 20

If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Actor Stephen
- ___a-brac
- Manitoba's highest elevation, ___ Mountain
- ___ Dara (Jazz musician father of rap star Nas)
- Ms. Remini's
- Daisy type
- Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
- Freshen
- Cream cheese flavour, ___ & Onion
- Card deck's Jack
- Classified ___
- Suppositions
- Stairway sound
- It's protected in a National Park
- Arm injury aids
- Antacid brand
- Skillful
- Actress Ms. Petty
- Lawyer's expertise
- Newt variety
- Additional
- Bike part
- Botch: 2 wds.
- Freezer stuff
- Humid
- BC village; or, 'Lanes' to shop at in downtown Toronto
- 1950s fashion, now
- Mr. Gershwin
- Camel hair garment
- Broadway offer-



ings

- Stage, as of a cycling event, in France
- ___ Bay (Canadian body of water)
- Licence plate motto: '___ British Columbia'
- Unaccompanied
- Accounting firm,

___ & Young

- Early hrs.
- Early ___ (Morning person)
- Video game maker
- Charlotte ___
- Down
- Campus mil. program in The States

2. "In the Valley of ___"

- (2007)
- Posh car
- Iris which is Quebec's provincial flower: 2 wds.
- Home, briefly
- "May ___ a question?"
- Typical weather

forecast in April: 3 wds.

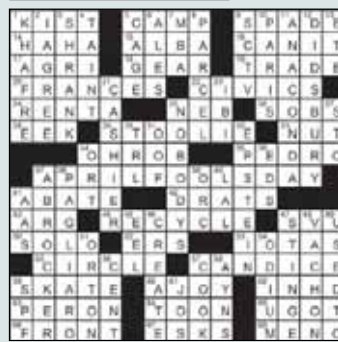
- ___ Shield (Biggest ecozone in Canada)
- Big Joe Mufferaw's prop
- Ms. Dunham
- Tinted
- Longbow woods
- Incision mark

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Roman love poet
- Suit piece
- Comedian Mr. Caesar
- Tartan garb
- East's opposites
- People of the Arctic
- Longest river of France
- Available
- Pitcher's accomplishment, ___-___ game
- ___Roman (Wrestling)
- Sea nymph
- "___ blessing!"
- Virtually
- Gilbert & Sullivan output
- Legendary story
- Submachine gun type
- Canadian folk musician, Don ___ (b.1909 - d.1973)
- Sixth/seventh notes, variantly
- Boxer's pre-bout garb
- Slightly open
- Island of Indonesia
- Old Testament: Book of ___
- Reasoned
- From way out
- Athletic footwear brand
- Besides that
- Hydrocarbon suffix
- 18th President ...his monogram

Yesterday's Crossword

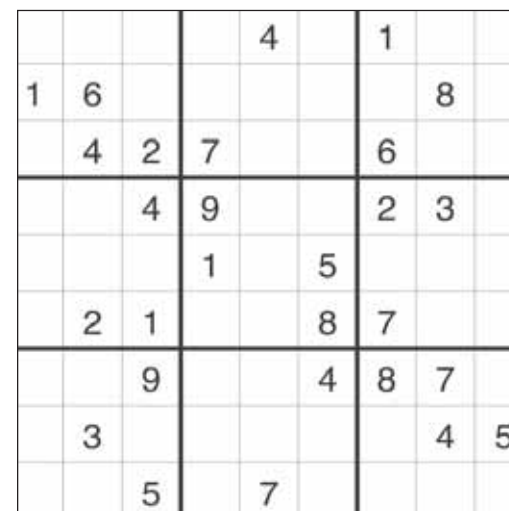


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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